

**What is claimed is:**

**[Claim 1]** A unitary headboard comprising two posts and at least one cross support extending between the posts, wherein the posts and the at least one cross support are integrally formed from a single piece of material and are capable of supporting a bed frame.

**[Claim 2]** The unitary headboard of claim 1 wherein the posts and the at least one cross support are integrally formed from a single piece of plywood.

**[Claim 3]** The unitary headboard of claim 1, further comprising a stacking projection extending from an upper end of each post.

**[Claim 4]** The unitary headboard of claim 3 wherein the stacking projection is integrally formed from the same piece of material as the posts and the cross support.

**[Claim 5]** The unitary headboard of claim 3, further comprising a stacking recess in a lower end of each post, wherein the stacking recess is complementary in shape to the stacking projection.

**[Claim 6]** The unitary headboard of claim 1 wherein the cross support is a stylized shape.

**[Claim 7]** The unitary headboard of claim 1, further comprising at least one bedpost unit mounted to each post.

**[Claim 8]** The unitary headboard of claim 1, further comprising a tab insert channel in each post.

**[Claim 9]** In a bed frame comprising side rails and cross supports, wherein each side rail is formed of a single piece of material, the improvement wherein each side rail comprises an upwardly extending lip and a support ledge extending generally horizontally from the lip.

**[Claim 10]** The bed frame of claim 9, further comprising a reinforcement flange in each side rail.

**[Claim 11]** The bed frame of claim 9 wherein the support ledge comprises holes adapted to receive springs.

**[Claim 12]** The bed frame of claim 9 wherein the lip extends above the support ledge less than 50% of the height of the side rail.

**[Claim 13]** The bed frame of claim 9, further comprising a gusset at each end of the side rail, wherein the gusset extends above the support ledge.

**[Claim 14]** In a bed comprising two headboards spaced from each other and a bed frame mounted to and extending between the headboards, the improvement wherein one of the headboards is a unitary headboard comprising two posts and at least one cross support extending between the posts, wherein the posts and the at least one cross support are integrally formed from a single piece of material and are capable of supporting the bed frame.

**[Claim 15]** The bed of claim 14 wherein the posts and the at least one cross support of the unitary headboard are integrally formed from a single piece of plywood.

**[Claim 16]** The bed of claim 14 wherein the cross support of the unitary headboard is a stylized shape.

**[Claim 17]** The bed of claim 14 wherein the bed frame comprises side rails wherein each side rail comprises an upwardly extending lip and a support ledge extending generally horizontally from the lip.

**[Claim 18]** The bed of claim 14, further comprising a reinforcement flange in each side rail.

**[Claim 19]** The bed of claim 14 wherein the support ledge comprises holes adapted to receive springs.

**[Claim 20]** The bed of claim 14 wherein the lip extends above the support ledge less than 50% of the height of the side rail.

**[Claim 21]** The bed of claim 14, further comprising a gusset at each end of the side rail, wherein the gusset extends above the support ledge.